



Waltham Forest

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NEWS

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Official: Children living longer thanks to air quality improvements

- The first independent reports since the council's Mini-Holland funding have taken effect
- Reveals a leap in children's life expectancy, reduction in dangerous air pollution and residents walking and cycling more.

Three independent reports into Waltham Forest's air quality show children's life expectancy will increase by six weeks thanks to Enjoy Waltham Forest's road improvements. More than 51,000 households are no longer living in areas with dangerously high levels of air pollution compared to a decade ago. While on average people are walking an extra 32 minutes a week and cycling nine extra minutes across areas close to Mini-Holland improvements.

A report by the world-renowned Environmental Research Group at King's College London, has shown that measures to prioritise pedestrians and cyclists such as segregated cycle lanes, increased pocket parks and timed road closures have helped to improve the life expectancy of the borough's children. Researcher David Dajnak from King's College London said: "Waltham Forest's interventions such as the Mini-Holland scheme and additional infrastructure aimed

at reducing the dominance of motor traffic is leading the way for healthier, less polluted cities."

King's concluded that the combination of improvements in air quality since 2013 and the introduction of road changes will have a beneficial effect on residents' exposure to poor air quality by 2020. The other two reports were carried out by Westminster University and independent researchers at Air Quality Consultants.

Since 2015 the Enjoy Waltham Forest programme, funded by Transport for London's Mini-Holland scheme, has delivered 37 road filters to motor vehicles and two part-time road closures, the construction of 22km of segregated cycle lanes, 104 improved pedestrian crossings, 15 new pocket parks and the planting of more than 660 new trees. Speed limits have also been reduced to 20mph in most residential roads and some main routes. In addition the programme has delivered more

Wetlands wins People's Choice NLA award

Read more on **Page 4**



The scenic setting of The Engine House at the Wetlands

secure cycle parking infrastructure including 250 Bikehangars, free cycle skills training, and bike hire to encourage more people to cycle more regularly.

Cllr Clyde Loakes, Deputy Leader and Cabinet Member for

the Environment, said: "It's always been clear to us that improving our neighbourhoods to encourage more walking and cycling through the Enjoy Waltham Forest programme will have significant benefits for our residents, especially for their

health. Now we have independent evidence that it is improving air quality, extending life expectancy and encouraging people to be more active. I thank the experts from

Continued on page 10



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Improving young people's life chances



Pupils at the Holy Family Catholic School speak up at Big Youth Conversation classes

Did you know that in Waltham Forest 10 per cent of 16 to 24 year olds have no qualifications, which is higher than the national average?

To examine barriers preventing

our young people from meeting their full potential, the Life Chances Commission was set up in 2017 by Leader of Waltham Forest Council, Cllr Clare Coghill.

Cllr Clare Coghill said: "I see

the huge potential that our young people possess in Waltham Forest and we know that too much of this is wasted or unfulfilled.

"This independent commission is tasked with unearthing the things

preventing our young people flourishing to fulfil their ambitions.

"We are now giving young people in both secondary and primary education a chance to have their say to empower young people to drive the changes they want to see, so they can have the best future possible."

Collaborative educational classes were held as part of Waltham Forest Council's Big Youth Conversation, its biggest ever engagement with young people. Feedback will contribute to a forthcoming Waltham Forest Life Chances Commission report. The final report is due to be published this autumn alongside the key actions for the council and its partners to undertake towards improving young people's life chances in the borough.

Whilst the report centres on improving the life chances of young people, Waltham Forest Council will be working to improve the life chances of all our residents.

Events so far have been held at Walthamstow Garden Party, The Emmanuel Church and schools including The Holy Family Catholic School.

Kya Brown, student at the school, said: "Because I live in East London it doesn't mean I can't be designer in America, or in Asia. Who's to say I can't do any of this? Motivation comes with it. If you have no motivation, it feels like you have no self-worth."

The commission is reviewing opportunities for young people and how the council, and its partners, can support them to achieve their aspirations. This includes looking at early years education, access to information and support on careers and employment opportunities, including apprenticeships.

More info

Learn more here
<http://bit.ly/lifechances>

From the Leader

Cllr Clare Coghill



Poor air quality and rising obesity levels are both public health crises and the figures are stark – 9,500 people die prematurely each year in London due to poor air quality and in Waltham Forest 40 per cent of children are overweight or obese by the time they leave primary school.

The biggest factor in poor air quality in Waltham Forest is road traffic and coincidentally, one of the best ways to fight obesity is to keep active by walking or cycling rather than simply using

the car every time we want to go anywhere.

Two separate independent academic reports by Kings College University and Westminster University have been published to look at the impact of the changes we have made to road infrastructure. They show that not only are people walking and cycling more, but that changes made in Waltham Forest to roads, pavements and the introduction of cycle lanes have increased the life expectancy of our children.

At the same time, we have seen

that fewer residents are living in areas with poor air quality, which is good news, but I understand that this is little comfort for those still living in areas with dangerously high pollutants in the air. We will now be using these studies to look at how we can continue to improve the health of our residents and the environment we live in. Children are particularly vulnerable to poor air quality, which is why we work with schools in the borough to try and keep cars away from school gates. The King's College study found that around 14 per

cent of all dangerous emissions from 8am to 9am could be put down to the school run. One in eleven children in England suffering from asthma, with air pollution one of the major causes. We hope that changes made to road infrastructure make the decision to walk or cycle to school easier – simultaneously boosting air quality and improving children's health.

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Saying no to modern slavery

The term 'modern slavery' refers to a broad range of exploitative practises affecting vulnerable people globally and on our doorstep in Waltham Forest. It encompasses human trafficking, forced labour, child and sexual exploitation and debt bondage and victims may feel scared or disempowered to identify themselves and break the cycle of abuse.

In the UK there are up to 13,000 victims of modern slavery. In 2016 Hestia, the main organisation working with victims of modern slavery in London, gave support to 624 modern slavery cases including

19 in Waltham Forest.

Waltham Forest Council became one of the first local authorities in the UK to sign the Co-Operative Party's Charter Against Modern Slavery 2015.

Cllr Ahsan Khan, Cabinet Member for Community Safety said: "We may think that slavery ended long ago in the UK, but forms of slavery still exist and have become a modern scourge. We are doing everything we can to tackle this appalling exploitation, but the signs are not always obvious. It is important to be aware of the signs of modern slavery – a victim might be controlled by another person,

have poor physical appearance and living conditions, be isolated and have few or no belongings.

"Here at the council, we constantly re-evaluate supply chains to ensure that none of our money is used to support slavery and our teams must be vigilant so that we are better able to identify and refer victims to receive the support they need."

Everyone in the community can play a role in identifying and preventing modern slavery. If you are concerned about someone who may be a victim please call the Modern Slavery Helpline 0800 121 700 or in an emergency 999.

If the person you are concerned about is a child, please call Waltham Forest's MASH team on 020 8496 2310 and if they are an adult with care and support needs, please call Waltham Forest's Adult Social Care 020 8496 3000 or email WalthamForestDirect@walthamforest.gov.uk

Over the coming months we will be highlighting modern slavery in Waltham Forest News and throughout the borough's community.

More info

Find out more at bit.ly/wfcmernslavery

Chingford fundraisers hit £50,000 target



The Chingford group celebrate hitting their fundraising target

Congratulations are in order for the Marie Curie Chingford Fundraising Group – they recently celebrated raising £50,000 to support Marie Curie nurses in just three years since the group first formed.

Vital funds the group helps raise through campaigns such as the 'Great Daffodil Appeal' support Marie Curie Nurses so they can continue to provide free care to people living with terminal illnesses. The charity employs more than 2,700 nurses, doctors and other healthcare professionals and is the largest provider of hospice beds outside the NHS. It provided care to more than 35,000 terminally ill patients in the community and in its nine hospices last year.

The busy team have already hosted a meeting to plan next year's events to continue their appeal with summer stalls planned at fetes and fairs across the borough and

collections in high street stores. They are also looking to expand by hosting more events and getting more people in the local area involved.

Hannah Woolcott, Community Fundraiser at Marie Curie, said: "The Chingford Fundraising Group have made a huge difference locally, made good friends and had a lot of fun. It's been brilliant to watch them grow throughout the three years. They've helped raise an incredible amount which will go towards the local nursing service, providing free care and support to those living with a terminal illness."

More info

To join the local fundraising group for Marie Curie, or to find out more about the group and other ways to support the charity, please call Hannah Woolcott on 02075997773 or Hannah.woolcott@mariecurie.org.uk

Town Hall campus for all

The Town Hall campus is for everyone and events are in full swing this summer. Grab your friends, family, picnics, and ball games and make your way there – if you have not already paid a visit then you're in for a treat. The Town Hall offers green space as large as the area outside the British Museum for you to enjoy, and an on-site coffee shop run by local baristas, Perky Blenders.

On site every month, Perky Blenders are hosting outdoor 'Summer Sundays' events. They are free to attend, aimed at all the community and especially suited to those with young families to entertain. A typical event champions the best of the borough and includes street

food, live music, kids' games and activities, market stalls and performances such as African drumming and capoeira martial arts. The next Summer Sunday get-together will be 19 August. The council will also be hosting a range of entertainment at the Town Hall as part of Open House weekend on 22 and 23 September.

If you fancy getting fit for free, then come along to one of the sport and fitness events at the Town Hall campus in association with 'Our Parks'. There is something to get everyone moving, from yoga, to boot camp and volleyball.

More info

Find out more at bit.ly/2LRJ1Qm



Performers on campus

In brief

Free summer fun for kids



Add some pizzazz to kids' summer holiday planning with the Waltham Forest summer holiday activity programme, packed with free events and activities to enjoy across the borough. From arts and crafts to sports sessions with coaches, outdoor adventures and more, find free activities for families and kids from five to 19 year olds (25 years old for kids with special educational needs and/or a disability). Visit www.walthamforest.gov.uk/holidays to find out more.

Clean streets on the go

Waltham Forest Council believes that clean streets are imperative to the health and happiness of residents and we are working hard to crack down on fly tipping. Have you spied an eyesore? We have now made it even easier for you to report fly tipping through our Neighbourhoods Chatbots which are available 24/7 on Twitter @WFTellWalt and Facebook @walthamforestcouncil.

Here, you can quickly report fly tipping, fly posting, and dog fouling and the Chatbot guides you through the reporting process. Your report is delivered straight to the council's on-duty teams which mean we clear away the problem quickly. We will also investigate and if we find evidence, we will issue fines and prosecute people who don't respect our borough. Last year alone, Waltham Forest fined over 1,200 people who fly tipped in our borough.

Find out more walthamforest.gov.uk/TeamWalthamForest #TeamWalthamForest



In brief

Building a space for all



Local young people who have helped build the community space in Aldriche Way

This summer, a group of young people will build a community space that has been designed for all residents to enjoy in Aldriche Way, between Highams Park and South Chingford.

Led by The Build Up Foundation as part of the Making Places initiative, young people from local homes aged 11 to 18 have been involved in the design process since April. From 13 August, they will be building the final design on site, learning valuable construction skills and getting the opportunity to create a space that will benefit their local community.

There are still opportunities for young people from Aldriche Way estate and the surrounding area to get involved with the build over the summer holidays.

Making Places is an initiative by Waltham Forest Council in partnership with Create London to transform unloved spaces across the borough, and invites imaginative ideas to revitalise sites nominated by residents. The first 10 projects were announced in February, and are due to be completed by spring 2019. In September there will be a second open call for five additional sites, taking the total to 20 projects one in every ward.

More info

To volunteer and register your attendance or to get involved visit buildup.org.uk/aldricheway. You can find out more about the winning projects at makingplaces.co.uk/projects



Young people help with building

Wild times at the Wetlands



Wetlands fans make their way to The Engine House Café and visitors centre

The sun's been shining on Walthamstow Wetlands this summer with the news that Europe's largest urban wetlands nature reserve, has won in the People's Choice category at the

annual New London Architecture Awards.

Voted by the general public, the Wetlands received an overwhelming number of votes and beat projects including London Bridge Station to

claim first place.

The transformation of the area, opened in October 2017, was possible due to £10.6m of funding from the Heritage Lottery Fund, Thames Water and the council.



The Wetlands is a haven for birds and wildlife



Scenic views at the Wetlands

It includes the laying of reed beds and walkways and the conversion of two historic buildings into a visitor centre, café, education space and viewing platform.

The reservoirs that make up the Wetlands are nationally recognised as a designated Site of Special Scientific Interest and are fast becoming a hub for wildlife



Twitchers at the Wetlands are in for a treat

enthusiasts and those wishing to connect with nature in the city.

Walthamstow Wetlands' main entrance is in Forest Road. It is free to visit and open 363 days a year. Book online now for events that include wildlife drawing, photography and guided walks. Summer events for kids include Bushcraft Week and the chance to become a Junior Ranger throughout August. It is also available for wedding bookings.

More info

Book at walthamstowwetlands.com/summer, or email info@walthamstowwetlands.com or call 0208 496 2115

Virtual reality inspired by the Wetlands

Waltham Forest Council teamed up with local schools and Big Creative Education earlier this year to launch a one-off module for gaming students. It offered students the opportunity to plan and produce work to a commercial brief in collaboration with the creative sector.

Students were asked the question: 'How do we increase visitors to the Wetlands using gaming technology?' and worked in teams to develop imaginative ideas which include augmented reality and winning game credits through visits and virtual mutant fish.

On June 22, the students pitched to a panel of judges at the Wetlands including Paul Neville, Director of ICT and Digital at Waltham Forest Council, Ralph Hanus, Retail and Visitor Experience Manager for Walthamstow Wetlands, the Mayor of Waltham Forest, Cllr Sally Littlejohn, and representatives from Google, Microsoft and NGDATA.

Paul Phillips, Vice President UK and Ireland, NGDATA said: "The 'untainted by industry' way the students approached the project was refreshing and allowed for maximum creativity. Their can-do attitude, underpinned by their technical skills,

impressed me greatly."

The winning entry was the Redfox team, who produced a time travel-style game based in the Wetlands between the Blitz in the Second World War and today, which included mini games and puzzles. Big Creative Education are now working to see if they can combine the winning idea with great ideas from other entries and create a real life game for the Walthamstow Wetlands.

Darren Neville, BCE lead gaming tutor, said: "The Waltham Forest gaming pop-up was the first time our gaming students responded

to a commercial brief where we tried to replicate a professional environment as much as possible. How they rose to the challenge was well beyond my expectations. I am extremely proud of them and we look forward to further development of the Wetlands App."

The Wetlands Gaming pop-up has been part-funded by Creative Connections, a Great Place Scheme for Walthamstow supported by National Lottery Players through Arts Council England and Heritage Lottery Fund.

Waltham Forest Trading Standards: Tough action to keep shoppers safe



The Algerian delegation meets Mayor Sally Littlejohn and some of the council team

Waltham Forest's Trading Standards team are working hard to protect customers from counterfeit and potentially unsafe items – and have even shared their knowledge with a team from the Algerian government who came to learn from the best.

In June alone, the team secured the conviction of a shopkeeper who had sold alcohol to a minor as well as a shopkeeper who was selling tobacco without the legally required health warnings.

In the first case Mr Fetullah Aktas, owner of Akdeniz, 147–149 Hoe Street, Walthamstow, was fined £660 at Thames Magistrates' Court

and ordered to pay costs of £631 on top of a victim surcharge of £30 after he sold alcohol to a 16-year-old without asking for any form of age verification. This was part of an exercise to find out whether shopkeepers were carrying out ID checks that they are legally obliged to when selling alcohol.

In the second case, Mr Naum Sladunov, company director of Global Food & Drinks Ltd, 44 St James Street, Walthamstow, appeared before Thames Magistrates' Court to face charges of selling tobacco products without the standardised packaging and health warnings which are legally

required. After council officers received a tip-off they searched the premises and found a large number of foreign cigarettes and tobacco on which duty had not been paid. Mr



Fake goods seized from Mr Sladunov's shop

Sladunov received a fine of £1,000 on top of court costs of £1,227 and a £50 victim surcharge.

In addition, the alcohol licence was also subject to a review by the council's Licensing Sub-Committee. The Committee determined that the licence should be suspended for the maximum period of three months and to impose a number of conditions that will come into effect once the suspension ends and the licence is reinstated.

The borough's Trading Standards success in keeping consumers and their rights protected has led to a visit from an Algerian delegation on 28 June, keen to learn best practice from the Waltham Forest team.

M. Sami Kolli, Algerian Ministere du Commerce, said: "It was a pleasure visiting Waltham Forest and learning from their Trading Standards team. We were made very welcome during our stay, and have picked up many useful tips about how we can help keep shoppers here in Algeria safe from fraud."

The visit was arranged by Northern Ireland Co-operation Overseas (NI-CO), an organisation dedicated to building accountable and sustainable public sector institutions capable of managing donor aid effectively in overseas territories.

More info

bit.ly/ConsumerRightsAct2015

In brief

Storing your bike safely



A Bikehanger in action

More than 1,500 secure bicycle parking spots have been provided to residents with limited storage space, supporting more people to get on their bikes.

Thanks to the Enjoy Waltham Forest programme, 250 Bikehangars which provide six secure parking spaces each, have been installed in streets across the borough over the last three years.

Cllr Clyde Loakes, Deputy Leader and Cabinet Member for the Environment, said: "The Bikehangars are in huge demand and we have accelerated our programme over the last year by installing more than 100 new Bikehangars for residents in the last eight months alone. We are currently looking at more sites and will be installing another 75 before the year is out."

Bikehangars are made and installed by Cyclehoop and take up less space than one car on a road. Since the first installation in Walthamstow's Salop Road in 2015, Bikehangars have been in popular demand, with the council receiving more than 3,000 requests from residents. Residents are allocated a space in a Bikehanger, which costs £20 a year, based on a number of criteria including the available space they have to store a bike in their home and their commitment to cycling more often.

Vote on Walthamstow's new mural

Works by Madge Gill and Wood Street Walls are asking the public to help choose the design of a new mural for Walthamstow High Street.

There are three mural designs to choose from, inspired by the artwork of Madge Gill. Born in the East End and raised in Walthamstow in the late nineteenth

century, Madge, who during her youth worked as a nurse at Whipps Cross, became famous as a visionary artist only after her

death at the age of 81. She was self-taught and created meticulous artworks during her lifetime, often monumental, either in sheer scale or in number.

More info

To vote up until 31 August visit voteformadge.co.uk.



Choose from three Madge Gill designs



Become a volunteer for culture



Pam Rene, London Borough of Culture staff ambassador

You might have spotted our London Borough of Culture staff ambassadors at the Walthamstow Garden Party and Waltham Forest Mela over the last few weeks, busy talking to visitors about how they can get involved in the very first London Borough of Culture in 2019, and recruiting volunteers.

We spoke to Pam Rene, Sales and Events Manager for Forest Venues, about why she got involved.

"I volunteered at the Garden Party last year for 'Back the Bid' and loved it. I was thrilled when we actually won. Being the first London Borough of Culture is a big deal!

"When the call came out for Borough of Culture staff ambassadors I jumped at the chance. It's good fun and I wanted to be part of something that has purpose, brings people together and really benefits communities.

"If you look at the World Cup and the London 2012 Olympics, and how those events brought us all together as a country, I think London Borough of Culture has the potential to do the same for everyone in Waltham Forest. I would urge everyone to get involved, volunteer, take part in an event, create your own project, attend and spread the word – 2019 is going to be a fantastic year for Waltham Forest!"

Pam and the London Borough of Culture ambassadors will be at summer events and town centres over the next few months recruiting volunteers to help deliver our spectacular year of culture in 2019. Look out for the branded pink or green t-shirts or sign up online.

More info

To find out more, or to sign up as a volunteer, visit wfculture19.co.uk

Come to Chingfest



On Saturday 11 August Chingford's Ridgeway Park will host another great day of free live music for all the family. There will be tributes to some of the best classic soul and R&B acts from around the world, including Whitney Houston (I am Whitney), Kool and the Gang (Celebrate) and The Supremes (I am the Supremes and Diana Ross).

There will also be a new Urban DJ dance tent, hourly Wildlife Wonder & Doorstep Discoveries photography workshops, Red Imp

Comedy Club, plus a funfair and array of food and drink stalls.

Visitors will be able to find out what's in store for Waltham Forest as the first ever London Borough of Culture in 2019, with information about volunteering and funding opportunities for the programme.

More info

For more information on the line up and how to get there visit walthamforest.gov.uk/get-together

St Mary's Music Hall project expands to Leytonstone



Ossie Lund Smith outside St Mary's Music Hall



Inside St Mary's. Pic credit: Helen Maybanks

At the end of June, St Mary's Music Hall in Walthamstow celebrated its first year of bringing world-class live music to the borough in a special birthday bash. Just 12 months ago, the project had set out to become outer London's most exciting music space, offering the local community and beyond, a programme of world, folk and jazz inside a working 12th century church, St Mary's in Walthamstow Village.

One of the volunteers behind the project, Ossie Lund Smith, was given a prestigious Volunteer of the Year award by the National Churches Trust for his

contribution to St Mary's Church and the Music Halls Project over the last 12 months. Ossie said:

"I got involved because I come to St Mary's Church. When I was introduced to Sam Jones, one of the co-founders of the Music Hall project, we got on instantly. This project is important. It's a great building, not utilised enough and it's great to make use of it midweek. It's in the centre of the village and the community. People can come and feel safe, enjoy the music, enjoy the food, enjoy the atmosphere. I absolutely love it.

Every gig has a different vibe. We had a Syrian group here and a lot of the Muslim

community enjoyed the gig alongside other world and jazz music fans. It's a tick in the box that everyone feels comfortable to come into this building."

The success of St Mary's programme has been a catalyst to expand to St John the Baptist's Church in Leytonstone, boosting Waltham Forest's cultural profile further. The first event will feature acclaimed Sengalese Kora player and singer Diabel Cissokho on September 28 with folk, roots, jazz and world music live music events each month from there on in.

More info

stmarysmusichall.co.uk



Sam Jones

What does Borough of Culture mean to me?

When talking about what London Borough of Culture 2019 meant to him, Sam Jones, Co-founder of St Mary's Music Hall project, said:

"The Borough of Culture not only expands the reach of our arts programme across London, it gives us the platform from which to help galvanise a local, collaborative, creative community. There are so many creatives in Waltham Forest, this is the glue to help each other realise our collective ambitious works. We want to continue to engage residents from audiences who might not normally feel that arts or cultural events are for them, offering a diverse and inclusive musical programme which connects neighbours and celebrates the different cultural heritages present in the borough."

What a weekend: A party at Mela

Thanks to all who joined us at this weekend's annual Mela festival in Chestnut's Field, a vibrant celebration of South Asian culture. The free event featured up and coming musicians,

classic Bhangra, a fusion fashion show and free family activities.

It follows Walthamstow Garden Party, another Waltham Forest Council festival produced by the

Barbican and Create London.

The fifth edition on 14 and 15 July featured two days of live music, theatre, dance, arts and crafts, food and fun from the

borough's creative communities, with performances from Seun Kuti, Fatoumata Diawara and Adrian Sherwood and Creation Rebel. See below for our highlights in pictures.



Borough of Culture volunteers



Attendees get creative



An event for all the family

Mrs H rocks in Chingford



A sing song for all

Over in Chingford, July ended with a song and a dance as Mrs H and the Sing-along Band performed the joyous last show of their council-funded, 'All Together Now' Waltham Forest inter-generational tour.

The last show, held at the Waltham Forest Resource Hub saw older residents and visitors of the Age UK charity base enjoying Mrs H's unique sing-along songs with local children who were free to attend, dance and interact with the performance.

Joan Marjorie Robinson enjoyed the atmosphere, saying: "It's been really exciting. The children are gorgeous – really lovely." And after clapping along to the music next to her, attendee John Hunt was

'making bread' and swishing sparkling fish props as the band played. Jethro Jones, four, said: "I liked giving the fish to the old people, it was fun." And his mother, Leila, added: "When Mrs H plays, the positive energy is infectious; it's such an upbeat way to bring people together."

Harriette Ashcroft and Ted Barnes, of Mrs H and the Sing-along Band explained:

"This has been the last gig in our tour of Waltham Forest. It's been a joyous ride, bringing together young and old in an anarchist singsong. We've been learning and growing and would love to do more gigs in the borough in the future."

More info

Learn more and see Mrs H and the Sing-along Band summer dates at singalongsongs.co.uk

Mrs H and the Sing-along Band play Walthamstow's HighTide Festival on 23 September. You can buy tickets for two separate times here hightide.org.uk/productions/mrs-h-sings/dates

inspired to quote Shakespeare: "The band had such a great ability to command the youth. Of us, I'll simply say; 'age cannot wither her, nor custom stale. Her infinite variety.'"

Younger revellers had a riot dancing through 'human bridges',



Music fans of all generations get together

Shed heaven



An image from the project

Have you built your own shed, shack, greenhouse or shelter? Have you made your own furniture and used found materials to make them? Artist Lucy Harrison is looking for people in Waltham Forest who have made fantastic or quirky structures on allotments, in gardens or elsewhere. She would like to photograph them and find out more about how they are used.

Submit your build by contacting Lucy on selfbuildwdf@gmail.com

Be part of our year of culture

Mrs H and the Singalong Band and the Self Build project have both been supported by Waltham Forest Arts Development Grants. For London Borough of Culture 2019 an enhanced grants programme has been announced, offering over £500,000 of Fellowship Funding to contribute to the cultural programme for 2019. For more info on the grants visit wfculture19.co.uk.

In brief

Dancing in the street

In a summer of sport, sun, festivals and what seems like a street party on every corner, we dropped in on the tenth annual Elmfield Road's party, in the Coppermill area of Walthamstow on 14 July.

Clifford, who together with neighbour Ian had a big part in pulling the celebration of community together, explained his motivations by the pop-up honesty bar: "We're a community helping each other. Regardless of what football team you support (laughs) we're all friends. If all streets had something like this to do, wouldn't they get on well, don't you think?"

Ian, the driving force behind Elmfield Road street parties for the last ten years explained: "In a time when there are those trying to divide us, we can remind ourselves of what unites us and street parties are one way to set aside any differences and get to know each other as people and neighbours."

Larissa, who lives on neighbouring Chester Road said: "We had our party last weekend and thought it would be fun to see how they do it on Elmfield Road." Her son, Alfred, 5, summed up the community good-feeling: "I like it because I can dance in the street."

Ian's party tips

- Look up and down your road and imagine what a street party might look like.
- Share your vision. Send out flyers door-to-door. Organise an initial meeting – we use our local pub to discuss things.
- Keep people informed and don't forget those who don't go online.
- Stay positive. You might be surprised how many people turn out on the day.
- Don't underestimate costs. Even if people share food and drink, costs of gazebos, games equipment and lighting can spiral. Focus on fundraising activities and recycle things that can work for the party.

Street party in Leytonstone

The Oases Foundation International, a charitable organisation located in Leytonstone, hosts an annual street party for the local community to celebrate the end of summer every year.

Last year, around 300 people attended the free family-friendly event that offered free food and drinks, music, games and activities. The community is invited to come together again at the next one on Sunday 9 September on Grove Green Road from 2pm to 7pm.

Helping residents get connected

In 2008 David Last decided to combine his knowledge and love of computers with his enthusiasm for helping in the local community. He approached his local library with the idea of starting a computer drop-in. Ten years later, David is still running weekly computer drop-in sessions at Leytonstone library where people can pick up digital skills to enable them to use council services, buy goods online, and keep in touch with family and friends.

Over the years David has helped hundreds – if not thousands – of people, and finds the most rewarding thing is just interacting with a wide range of people. David says: “The role is very varied and as it is a drop-in session, you never know what you are going to be asked one week to the next. One man originally came almost ten years ago for help with his creative writing, he has later gone on to learn other new skills, including using emails so he can keep in contact with his daughter.”

Leytonstone library is one of Waltham Forest Council's Library

Plus venues, which means that it is a contact point for residents to access council services and find out about community events. David has seen many changes in the library over the years, and he feels that we need a focal point for the local community, now more than ever: “Offering a drop-in service means that people can get help straight away with computer issues that are an immediate priority to them. Helping people with specific tasks means they are engaged and will continue to try out what they have learnt once they get home.”

David has signed up to Waltham Forest Council Digital Champions programme and has received training through the Digital Champions Network. His advice to new Digital Champions would be: “You don't need a degree in computing to be able to help others, you just need a genuine interest in learning and working things out for yourself. Most people who come along are nervous or intimidated by computers, so taking time to talk to them makes a real difference to their confidence. The training on the Digital Champions Network

is invaluable as it asks interesting questions that make you think about how to communicate effectively, as well as strategies to deal with different situations.”

More info

Find out more about visiting your local library walthamforest.gov.uk/service-categories/libraries

One in nine residents in the borough does not access the internet, email or apps. If you feel you need help to use the internet, then you are not alone. We think that everybody in Waltham Forest should have access to the internet and feel confident enough to use it. You can find out more about drop-in sessions run by our Digital Champions and free classes to attend on the council website: bit.ly/WFHelpWithInternet

Or alternatively, you can visit your local library where you'll be able to ask for details of events taking place in your area.

David shares some top tips with a library visitor



Second phase open for registration

After a successful first phase, with thousands of Londoners, Solar Together London is here to help you get high-quality solar panels at a competitive price through the power of group buying. To find out more about our hassle-free approach, and to **register your interest before 22 August** visit our website today.

www.solartogether.co.uk/walthamforest

SOLAR TOGETHER LONDON

GROUP BUYING SCHEME FOR SOLAR PANELS

MAYOR OF LONDON

Chingford business champions apprentices

From a new head office in Hickman Avenue, Chingford, SSR Personnel supplies specialists around globe who work to improve corporate security for diverse companies and engineering installations firms.

SSR's team of 25 people manage supplying permanent staff and contractors to organisations with valued members of the team being proud former apprentices.

Founder and Director, Peter French MBE, explained how apprentice training schemes have made a positive difference to their business: "SSR is a strong supporter of training schemes that help young people learn new skills while also working in an industry – one of our top consultants started

with us on a previous youth training scheme.

"Several of our head office team also began their careers as apprentices and they are now running our payroll and credit control operations as well as designing and maintaining our website, which is often the first point of contact people have with our company. Employing apprentices means people can learn the ethos of the company through their training programme while earning a salary and getting a good first step on their career ladder."

SSR is still recruiting new staff and looking to expand operations into Russia, Singapore, Malaysia and Australia. With Waltham Forest's strong infrastructure and pool of talent looking to gain new skills, the



Jeff Johnson and Peter French MBE at SSR Personnel's head office

business is well placed to nurture new careers through apprentice schemes and continue to build on success.

More info

For more info see:
ssr-personnel.com and
lbwfadultlearning.co.uk/apprenticeships

Why be an apprentice?

Apprentices can earn from £12,000 to £21,000 per year while getting hands-on experience and a nationally recognised qualification. If you are currently employed you would maintain your current salary.

Apprenticeships offer fantastic

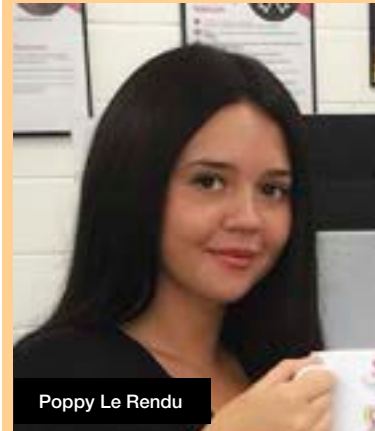
opportunities to progress onto Level 3 and above qualifications – further enhancing your CV.

There will be no university fees to pay and qualifications can be equivalent of a Degree or Masters.

You can find out about all the

programmes offered by Waltham Forest Adult Learning Services by attending one of the information and recruitment sessions being held in August – details are on the website lbwfadultlearning.co.uk/apprenticeships

Meet the apprentices



Poppy Le Rendu



Matthew Goss

Poppy Le Rendu, aged 19 from Chingford, started with SSR Personnel when she was 16. Poppy said: "Through an apprenticeship provider called The Training Trust, I had an interview with SSR Personnel and like all of their apprentices, started in admin and sales support. I now run the payroll for the firm which is a lot of responsibility but I enjoy that so it works for me. If you're leaving school then my message is to go for an apprenticeship as it can set you on the right path for a great future career."

Matthew Goss, aged 21 from Walthamstow, started with SSR Personnel when he was 16.

Matt said: "My elder brother did an apprenticeship. I saw how much he enjoyed it, so I decided to take the same route. I left school at 16 and signed up with The Training Trust who organised interviews with potential employers.

"I've had various roles with SSR starting with administration and sales support. I've done some work in finance and am now working on the company's IT and telecoms, looking after the website, desktop support and creating graphics and more.

"My message to any 16-year-old is to check out the apprenticeship scheme, get involved within the chosen business, contribute and become integral to its success."

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WALTHAMSTOW, LONDON

NHS
Waltham Forest
Clinical Commissioning Group

NHS Waltham Forest Clinical Commissioning Group Annual General Meeting (AGM)

Monday 24 September 2018
6.30pm to 7.30pm
Kirkdale House
Kirkdale Road
Leytonstone
E11 1HP

Doors will be open from 5.30pm.
Please take your seats by 6.20pm.
Hearing loop and wheelchair access available.
Please let us know if you will require any assistance.

IMPORTANT: As seating will be limited, it would be helpful if you could let us know in advance if you would like to attend by calling 020 3688 2604 or by emailing wfccg.enquiries@nhs.net, placing 'AGM 2018 attendance' in the subject field.

More information:
www.walthamforestccg.nhs.uk

In brief

A ride for all



Jean and Ron at an All Ability session

The barriers that residents with disabilities face when wanting to ride a bike have been reduced as Waltham Forest Council introduces monthly All Ability cycling sessions in the borough. Residents, students and employees with disabilities or special needs will now be able to get on a bike appropriate for their need. The sessions will take place in Walthamstow's Lloyd Park every third Thursday of the month, along with sessions in Leytonstone and Chingford during the school holidays. Following three successful taster sessions held earlier this year, the council announced that the Enjoy Waltham Forest programme will fund the free two-hour sessions run by Bikeworks. At the sessions various bikes are made available including trikes, side-by-side cycles, wheelchair bikes as well as two-wheeled adult bikes. Walthamstow residents Jean and Ron Burr, pictured, attended a taster session at the park earlier this year. Jean said: "My husband and I enjoyed the cycling session, even in the rain. Ron uses a wheelchair and unfortunately his physiotherapy has stopped so this seemed like an excellent way for him to get some exercise."

"Bikeworks were very helpful and Ron tried a hand-pedal bicycle. He was so happy that he could move around the park himself – he didn't think he would ever ride a bike again, so exercising and having fun at the same time was brilliant." Maya Kumagai-Jones, All Ability Project Manager at Bikeworks, said: "We are thrilled to be working with the council to deliver our All Ability cycling programme. We were pleased with the amount of interest we received during our taster sessions and look forward to engaging with the new community going forward. Please do come along to have a cycle on our adapted bikes, and if you have any questions, you can contact us and we're happy to help."

The next Lloyd Park session will be held on Thursday 16 August. Sessions will continue on the third Thursday of every month from 10am–12pm. An extra session will run in Langthorne park, Leyton, on Sat 11 Aug from 10am–12pm.

Email: all.ability@bikeworks.org.uk or visit: bikeworks.org.uk

BEFORE



Francis Road in Leyton in 2016, before Enjoy Waltham Forest improvement

AFTER



Francis Road in Leyton in 2018, when Enjoy Waltham Forest works are complete

Continued from page 1

King's and Westminster universities for showing that our efforts have not been in vain."

King's College London researchers, commissioned by Waltham Forest Council, also looked at the impact of the school run on air quality. Using monitoring data from 2013 and projections for 2020, they estimate that 14 per cent of all engine emissions in Waltham Forest during the rush hour can be contributed to the school run. King's modelled that the council's interventions between 2013 and 2020 could bring a seven per cent reduction in these emissions between 8am and 9am.

The reduction was based on Waltham Forest's current trends towards swapping car journeys for cycling, walking and public transport together with additional reductions expected from the Enjoy Waltham Forest scheme and additional infrastructure changes.

Deputy Mayor for Transport, Heidi Alexander, said: "The Mayor is doing all he can to help clean up our toxic air, including investing a record £2.2 billion in making London's streets more attractive to people who want to walk and cycle."

"Waltham Forest is leading the way on creating healthier streets and we want more boroughs to follow their example. Investing in local infrastructure not only improves road safety, but has a direct impact on public health as

Ditching the bus for a bike

TEAM WALTHAM FOREST



Andy Skilton on his commute to work

Earlier this year Andy Skilton, a Senior Network Performance and Information Officer in Waltham Forest Council's Highways department, set himself a challenge to be healthier for the month of January. Today, half a year later, his whole way of life has changed.

"Every year, I gave up alcohol in January to prove that I could," explains the 32-year-old who lives in Newham. "This year, I thought why not try and have a healthy diet as well for the month? I live on my own, socialise a lot in central London and I found that I had become really overweight. I was drinking more than I should and eating takeaways – I was living the life of a student in my 30s."

Andy used to use the bus for his commute to work at Low Hall depot where he is responsible for street naming and numbering,

highways geographic information systems as well as managing the dockless bike and electric vehicle charging contracts. He swapped the bus for a bike, cycling through The Greenway, Queen Elizabeth Olympic Park and using the new segregated cycle lanes at Ruckholt Road, and began planning and cooking his meals at home.

After a month, Andy found that he had lost some weight, was feeling better about himself and less sluggish at work so he continued with his new routine.

Six months later and now four and half stones lighter, cycling has now become Andy's main mode of transport. Even when he goes fishing at the weekends to Hertfordshire he finds himself pedalling away for 30 miles with his fishing gear.

Andy explains: "It makes you feel better, and when it's part of your

daily routine you don't have to think about it – I don't have to go home and think 'oh I must go to the gym now' I've already done my exercise for the day."

It is recommended that adults should do at least 20 minutes of physical activity a day to reduce their chances of developing long-term illnesses such as diabetes, heart disease and depression and research by King's College London has shown that the infrastructure put in place by the Enjoy Waltham Forest programme has helped to improve air quality in the borough.

"Five years ago I would never have considered cycling to the Town Hall for a meeting in the middle of the day," Andy added, "but now since the Blackhorse Village scheme was completed it is virtually traffic free – and when you get off the main roads and into quiet routes you notice a huge improvement in the air quality."

Continued from page 10

well. This is important for all of us, but especially the next generation.”

Additional research carried out for the council by the Air Quality Consultants has shown that the number of households exposed to more than the EU recommended maximum amount of nitrogen dioxide has dropped dramatically.

While there is strong evidence to show that air quality is improving in the borough, there is still work to do – poor air quality can be contributed to illness and death of around 270 people in the borough per year. Children’s lungs are particularly sensitive and in 2016/17 there were 251 admissions for asthma per 100,000 children admitted to hospital.

Also, 40 per cent of the borough’s school children are either overweight or obese by the time they leave primary school. King’s estimates that if more action is not taken, Waltham Forest’s residents risk having their life expectancy reduced by nine months.

Government guidelines suggest that adults should exercise for 20 minutes a day to greatly reduce



Enjoy Waltham Forest has created new pocket parks like this one on Salop Road

20 minutes a day, then it would save the NHS billions of pounds.”

Cllr Loakes added: “Getting people to leave their cars behind and walk or use a bike is naturally going to improve their health and air quality for everyone. All of this recent research shows that we are on the right track, but this doesn’t mean that we are complacent, because we know that there’s still more that needs to be done. I don’t want any of our residents to be over-exposed to air pollution and

Kings College London researchers are now working on a report into the further health benefits from increased physical activity that have been seen across the borough in recent years. This will be published later this month.

More info

Bit.ly/WFKingsAQ

King’s report key findings at a glance:

School run:

- In 2013 it is estimated that the school run was responsible for just **under 14 per cent of emissions** from all cars from 8am and 9am
- For 2020, it is estimated there will be a **7 per cent reduction in engine emissions** from 8 and 9am. **Enjoy Waltham Forest and infrastructure changes account for two thirds** of that reduction

Cycling and walking exposure across the borough:

- Between 2013 and 2020 our residents’ exposure to nitrogen dioxide is predicted to reduce by between 15–25 per cent

Health impact assessment:

- Waltham Forest residents are expected to gain a minimum of around **six to seven weeks of life expectancy** if pollution levels decline as predicted. However, residents are still likely to lose between **six to ten months** of life expectancy due to poor air quality



Cycle Confident training in the borough

their risk of developing long-term conditions like diabetes, heart disease and depression. Children aged five to 18 should do at least 60 minutes of physical activity every day to develop stronger bones, muscles and maintain good health.

Dr Grace Rollason MBChB, GP and Waltham Forest resident said: “Air quality is an issue that makes a significant difference to health. This research shows that the efforts of Waltham Forest Council to improve roads for all road users does have a significant impact on people’s health by not only improving air quality, but also getting people more active. If all local authorities could support their residents to do more walking or cycling, even just

we will be looking at how we can make more of a difference to our residents’ lives going forward.”



The Hornbeam Joyriders

Fast Power up for electric cars



Councillor Clyde Loakes, with Mark Bonnor-Moris Chargemaster’s director of business development and Catherine Osborn, senior highways engineer at the new point in Winchester Road, Highams Park

Drivers of electric vehicles will now be able to get a fast ‘power up’ in local high streets and residential roads across the borough following the installation of 24 new electric vehicle charging bays.

Working with the council, Chargemaster are installing 7kW fast chargers, capable of fully charging a car in three to four hours, at ten locations in Chingford, Highams Park, Walthamstow and Leytonstone. The company will also be maintaining the new points.

Following requests from businesses and residents earlier this year the council consulted on installing new charging points at on-street locations.

Cllr Clyde Loakes, Deputy Leader and Cabinet Member for the Environment, said: “More and more people are buying electric cars now that the technology is more reliable and the cost is more affordable – they are becoming a real alternative to petrol and diesel cars. Purely electric vehicles produce no tailpipe emissions so really support our aim to improve air pollution for everyone.

“Many electric cars can now travel over a hundred miles before needing to power up, but by making charging points available across the borough we can ensure that our residents, visitors and even delivery drivers,

have confidence that they will be able to get a charge if they need to.”

Until now, the borough only had public charging points available in car parks, at some train stations, Whipps Cross Hospital, the Feel Good Centre in Walthamstow and Asda in Leyton Mills.

The new charging points follow-up on the council’s Air Quality Action Plan commitment to ensure there are cleaner transport options available in the borough. It is estimated that by 2025 there will be around 6,500 registered electric vehicles in Waltham Forest.

The new charge points will be on the POLAR network. Only electric vehicles that are being charged will be able to park in the marked bays beside the charging points. Cars that are not being charged will receive a penalty notice.

The council has received more than a hundred requests for on-street charge points from residents without driveways and are currently looking at options for the installation of more chargers across the borough.

More info

Anyone interested in having a charge point near their house should register their interest on: <https://www.surveymonkey.co.uk/r/EV-E01>

Explore with a new living map

An innovative new map is now available for people wanting to discover hidden gems in the borough.

The Waltham Forest Living Map was first launched at this year’s Le Tour de Waltham Forest, when riders were able to follow the pre-arranged routes on the map.

These routes are still available for visitors to explore as well as our cultural walking routes, Waltham Forest Wanders direct from the map, which can be downloaded

and bookmarked on smartphones. Visitors will also be able to find the opening times of museums, council buildings and links to local business’ websites. Funded by the Enjoy Waltham Forest programme, it also includes live travel information from the borough’s tube, bus and train stations as well as details of the borough’s new segregated cycle lanes, residential Bikehangars and station cycle hubs. To view the Living Map visit walthamforest.livingmap.com

Sports and fitness

Drop in donation yoga

Tuesday 10.30am–12 midday, Wednesdays 11am–12.15pm, Fridays 7pm–8.15pm and Saturdays 10.30pm–11.45pm

United Reformed Church, 58 Orford Road, E17 9QL

Yoga has so many benefits from releasing stress and tension in the body, building strength and stamina and learning how to relax and promote deeper sleep. Find a style to suit you at these friendly mixed levels class with an experienced teacher.

Pay what you can afford.

For more info contact: Sarah on 07815120792, 07815120792 or www.yoyoga.co.uk

Free Karate classes for Adults

Saturdays, 11.30am–12.30pm

Peterhouse Centre, 122 Forest Rise, E17 3PW

Come to our classes. Suitable for young people aged 13 and over, and adults. First lesson free.

For more information, phone or text 07956 961 563, email info@elskarate.co.uk or www.elskarate.co.uk.



Karate for Adults

Tuesday and Thursdays 6–7pm

Nexus Centre, 3 Snowberry Close, Leytonstone E15 2AH

Also suitable for young people aged 13 and over, and adults.

For more information, phone or text 07956 961 563 or 07853 177 950, email info@elskarate.co.uk or visit www.elskarate.co.uk

Waltham Forest Hockey Club Adult Beginner Course ('ABC')

Thursday evenings, 8.15pm–9.30pm

4 weeks: 16th August, 23rd August, 30th August and 6th September 2018

Walthamstow Academy, Billet Road, London, E17 5DP

Whether you have never played hockey before, have not played in years or just fancy a refresher – come along. All welcome. Free of charge. Can't make all four sessions? Just turn up when you can.

Contact Katrina ABC@WalthamForestHC.co.uk ABC@WalthamForestHC.co.uk, 07905 938 593 for more info, Facebook Page: Waltham Forest Hockey ABC

1950s Jive Classes and Social Dance

Every Tuesday, 8pm onwards

The Plough and Harrow, 419 Leytonstone High Road, E11 4JU

Come and join us for beginners 1950s Jive classes. It's a fun way to exercise and enjoy yourself while gaining the confidence to get out and dance. Our classes are for beginners, so no dance background or experience is needed. The classes will run on a weekly on a drop-in basis so anyone can join at any time, no partner needed.

Class 8pm–9pm £5 per person. Phone 0208 493 0303 or email mailto:tricia@the-chicken-shack.com for more details.

Badminton in Walthamstow

Wednesdays, Saturdays and Sunday evenings

Waltham Forest Feel Good Centre, Chingford Road E17 5AA

We are a friendly badminton club based in Walthamforest. Players of all abilities are welcome, first session is free then £6/2 hour session.

For more information text or email 07888125534, yousafpd@yahoo.com

Free Bowls coaching

Saturday morning free club commencing 2nd June until Sept 2018

Arrive 10.15am to Register. Play starts 10.30–12.30pm

Silverthorn Bowls Club. Ropers Ave E4 9EH
Qualified coaches will be there on the green to greet you. Good exercise for all, with a smile. Ages 16 years upwards to over 90 years. Enjoy and make new friends.

You can book a place by phoning 02085316619 or just turn up on the day. Flat shoes must be worn.

Lawn Bowls For Beginners

Mondays 10am–12.30pm

Lloyd Park, E17

Walthamstow Borough Bowls Club welcomes new players to try the game of lawn bowls on Monday mornings. No experience necessary and your first session is free. Experienced players also welcome.

Contact Bob Belam on 07754 667 638 or bob.belam@gmail.com

Community Yoga in Chingford Mount

Wednesdays 7.30pm

St Edmund's Centre, Black Hall, 216 Chingford Mount Rd, London E4 8JL

Join Chingford Mount locals for a slow paced all levels asana practise with focus on breathing, safe alignment and body awareness. Come out feeling more relaxed and peaceful leaving a busy day behind you.

For more info email: kate@findtheom.com

Zumba with Zoe

Wednesdays 7.30pm

The Cornerstone Centre 149 Canterbury Road, Leyton, E10 6EH

Established in 2010, come and join East London's most popular and friendly class!

Classes are great fun, an excellent way to keep fit, lose weight and every class feel like a party. Low impact, high energy with easy to follow moves to a mix of different music and dance styles. £5 per class

Contact details info@zumbazoe.co.uk or visit www.zumbazoe.co.uk

General level Pilates

Thursdays 7–8pm

Leyton Parish Church Hall, Lindley Rd E10 5PY

Classes for all: £12 (carnets available – buy 10 and get one class free), mats and small equipment provided. Pilates can improve your strength, flexibility, balance, co-ordination, bone density, reduce pain and encourage relaxation. Pilates Foundation member teacher with 18 years' experience of studio and mat work. Absolute beginners and newcomers contact me first please.
alison.bray@gmail.com; www.abpilates.co.uk; Facebook: [abpilateslondon](https://www.facebook.com/abpilateslondon)

Box&Core

Mondays 7pm

Walthamstow School for Girls, Church Hill, E17 9RZ

Brand new day and time. A total body workout that targets more than just your arms. Combining technique drills and core strengthening exercises, to appeal to both the novice looking for fun and a release of tension; as well as the amateur boxer wanting to improve their skills and stamina. Gloves provided but welcome to bring your own! £7 drop in – discounts for adv. payment.

For more info, phone 07903 629 636, email chloe@dancechloe.com or visit www.DanceChloe.com



Zumba® Fitness

Saturdays, 10am

YMCA East London 642 Forest Road, E17 3EF

Wear low tread, supportive trainers and bring a bottle of water to enjoy this exhilarating dance fitness class in a low pressure atmosphere!

£7 drop in – discounts for adv. payment.

For more info, phone 07903 629 636, email chloe@dancechloe.com or visit www.DanceChloe.com

Karate Classes

Mondays and Wednesdays, 7.30pm–9pm

Walthamstow Academy, Billet Road, E17 5DPA family-friendly karate club established in 2004, catering for all ages and abilities.

Karate is a great activity for parents and children to enjoy. It builds strength, flexibility, fitness, confidence and discipline. Our style is traditional Shotokan Karate and we are members of the prestigious Karate Union of Great Britain (KUGB). Adults £6 per class, juniors £5. For new beginners first lesson is

FREE. Age 10+ recommended.

For more information visit our website at www.chingfordtora.co.uk

GoldenYoga

Mondays 6.30–8pm and 8–9.30pm

42d Coppermill Lane E17 7HB

Learn to enhance and care for your physical, mental and emotional wellbeing with Sallyanne's healing art of yoga. Beginners welcome. £12 per class.

For more information, call Sallyanne on 07952 307 455 or 0208 520 7242 www.goldenyoga.co.uk

Clubs and community

Hate Crime Ambassadors Programme

11 and 31 August, 9.30am–4.30pm

Waltham Forest Town Hall E17 4JF

The training will provide attendees with the knowledge of how to support victims, how to be an active by-stander, challenging attitudes that under pin hate crime and how to raise awareness in the community
Free: All local residents welcome.

Sat 11 August: www.eventbrite.com/e/wf-local-hate-crime-champions-tickets-47710115239

Friday 31 August: www.eventbrite.com/e/wf-local-hate-crime-champions-tickets-47712314818

Accessibility requirements and more info: Fozia.shaikh@walthamforest.gov.uk

Markhouse Common Allotments Open Day

Sunday 26 August 11–4pm

Entrance on Queens Road E17 8PJ

Come and see our secret gardens. Refreshments, raffle, fruit and vegetables, plants and other produce.

Free.

Visit The Waltham Forest Apprenticeship Team

Tuesday 7 August 10am

Monday 20 August 10am

Tuesday 28 August 2pm

The Waltham Forest Adult Learning Service Apprenticeship Team will be based at Queens Road Learning Centre, 97 Queens Road, Walthamstow E17 8QR

If you or someone you know would like to find out more about apprenticeships please visit www.lbwfdultlearning.co.uk or come along to one of our sessions. The session will last for approximately an hour and a half.

Contact the Team by visiting the centre or calling 020 8496 2974 or 07740 046 122, or emailing apprenticeships.als@walthamforest.gov.uk

The Singing Room

Thursdays 7.30pm

St Gabriel's Church Walthamstow E17 3JF

Do you enjoy singing? Why not come and try our welcoming weekly workshops. No auditions. We perform world pop folk jazz and more. Come along for a free taster

session.

Contact Anna: 07931372996 annamusicmakers@gmail.com www.thesingingroom.org

Dog Training

Silverthorn Dog Training Club

Thursdays 6–10pm

St Edmunds Church, Chingford Mount

We are a Kennel Club registered dog training club established in 1978 and offer training classes from puppy to advanced level.

email: Silverthorndtc@hotmail.com

East London Mini Music Studio

Near Queen's Road, E11 1BB

Budget recording space run by Sam Thomas

– composer/recording artist and session player – guitars, drums, keyboards. Sam

rents out his well-equipped garden studio for recording/production purposes for just

£20ph. Sam can be as involved in the process as desired, anything from simply

operating the equipment to full production. The space can also be rented as a rehearsal

room for one or two people.

Phone Sam on 07972543748 or email sam@samthomasmusic.com or [facebook.com/eastlondonmini-musicstudio](https://www.facebook.com/eastlondonmini-musicstudio)

Culture and crafts

Launch of the Leytonstone Choral

Saturday September 15th, 7.30pm

Mozart Requiem with the Leytonstone Choral and the London Gala Orchestra

St John's Church, Leytonstone

Tickets £8 online and £10 at the door

www.stephenelleryconductor.co.uk

Family Pop-up Pottery at The Mill

Thursday, 9 August. 1.30pm–3.30pm

7–11 Coppermill Lane, Walthamstow,

E17 7HA

Join us for an afternoon of creativity

and family fun at our pop up pottery.

Recommended age 4 years or more. Choose from a selection of blank pottery pieces.

£10 per person painting, payable in advance or on the day. Cost includes choice of one ceramic piece, use of our pottery paints and equipment, glazing and firing of your piece for collection a week later.

To book email info@themille17.org info@themille17.org or call 0208 521 3211

Perky Blenders Summer

Sundays 12–5pm Sunday 19 August and 16 September

Enjoy street food, live music, kids games and activities, market stalls, and performances. Our July 22nd event features a 'Walthamstow Dogs' street food stall, with the best hot-dogs around, a performance from the local Sing17 choir, a range of market stalls plus lots of kids toys and more.

The Magistrates, 1 Farnam Avenue, Walthamstow, E17 4NX.

E17 Swedish language course

Wednesdays, 7pm

Peterhouse Centre, 122, Forest Rise, Upper Walthamstow Rd, Walthamstow, London E17 3PW
Learn Swedish in these beginners/intermediate & conversation courses classes. Relaxed, fun & productive for adults. Pay £180 for a term of twelve 90 minute lessons in a small group (beginners). Individual lessons also available.

For more info phone Christian Karlsson on 07958 471 083, email chris@e17swedish.com or visit www.e17swedish.com

Craft Club for pensioners

Monday afternoon, usually 4pm–7pm (during school holidays 1pm–4pm)

Unity Hall, corner of Oakfield road, Higham Hill, Walthamstow
Painting, card making, knitting, sewing, jewellery and silk painting. All welcome. £2 per meeting includes refreshments.
Contact Julie 0208 521 1454

Women's Morris Dancing

Wednesdays 8–10pm weekly

St Gabriel's Family Centre (back hall), Havant Road, E17 3LF
Blackhorse and Standard invite you to our weekly practices to try traditional English Morris dancing. A fun and friendly way of keeping fit. No experience necessary, just come along and have a go. Musicians (any gender) of traditional instruments are also welcome. First term free to new members.
For more info ring 020 8514 8771 or 020 8527 2926 or see www.blackhorseandstandard.org.uk

English Classes for Adults

Mondays 7:30–9pm

Wednesdays 9:30–11am

'The Meeting Point' Community Centre, 155A Boundary Rd, London E17 8NG
During school term times, free taster session, £5 per term. Teachers CELTA certified, DBS checked.
For more information contact Adrian on 07930 856 931 or visit: themeetingpoint.org.uk

Children and young people

Cheerleading – New term

Tuesday 11th September 4.15pm.

Sherm Hall Methodist Church, Shernhall St, Walthamstow, E17 9HX
Age 7–11 years. Learn exciting Cheerleading dances with pom-poms. Contact us to book your space.
www.avoladanceacademy.co.uk
for more information contact Nicola on 07814781642 or email: avoladance@hotmail.co.uk

Free Karate classes for Kids

Saturdays, 10.30–11.30am

Peterhouse Centre, 122 Forest Rise, E17 3PW

Come to our classes for children aged 6 years and over. First lesson free.

For more information, phone/text 07956 961 563, email info@elskarate.co.uk or visit www.elskarate.co.uk

Little Tigers Karate

Tuesdays, 4.30–5pm

Nexus Centre, 3 Snowberry Close, Leytonstone E15 2AH

Come to our classes for children aged three, four and five years.

For more info: phone/text 07956 961 563 or 07853 177 950, email info@elskarate.co.uk or visit www.elskarate.co.uk

Karate Kids

Tuesday and Thursdays 5–6pm

Nexus Centre, 3 Snowberry Close, Leytonstone E15 2AH

Come to our family friendly classes for children aged six and over.

For more information, phone/text 07956 961 563 or 07853 177 950, email: info@elskarate.co.uk or visit www.elskarate.co.uk.



Kids' Football

Every Saturday 9.30–10.30

Low Hall Sports Ground, South Access Road, Walthamstow E17 8AX

Football Sessions for girls and boys 4–14. £5 per session.

Contact: 07956 553655 Steve or Liam

Mini-Beasts Hunt

Tuesday 28 August, 10am–1pm

Cheney Row Park, Cheney Row, Walthamstow, E17 5ED

This will include a mini-beast hunt which will be delivered by Vicky Peet, Education and Community and Learning Project Officer.

The nature trail will be self-led using material developed by Vicky Peet. Crafts will include making mini bug-hotels for solitary bees or lacewings to take home. Participants can also get their face painted as their favourite bug.

Free to attend.

Book a place: www.walthamforest.gov.uk/CheneyRowPark

Bat Walk

Saturday 1 September, 6pm to 10pm

Cheney Row Park, Cheney Row, Walthamstow, E17 5ED

Make bat boxes to be hung in Cheney Row Open Space.

We will also have bat-related crafts and games for our younger participants.

This will be followed by a bat talk and walk using detectors to locate and identify bats.

Contact or booking details. Book a place: www.walthamforest.gov.uk/CheneyRowPark

Become a Junior Ranger at Walthamstow Wetlands

Thursdays and Fridays in August – 10am–1pm, 2pm–5pm (4–11years)

Join us on some fun and educational activities over the summer holidays. Kids can try their hand at building camouflaged dens to observe wildlife or help create a large bug hotel for creepy crawlies to nest in. There will also be the opportunity to spend some quiet time in the bird hide to count how many birds there are and report your findings for our records. All participating children will be presented with a junior ranger badge at the end of their hard work.

Cost: £10 per child + booking fee. Duration: 3 hours. Children must be accompanied by a responsible adult at all times during the event.

Melody Movement – New term

Friday Mornings 10am

Sherm Hall Methodist Church, Shernhall St, Walthamstow, E17 9HX

The only Melody Movement school in Waltham Forest, offering dance and movement from age two. A small fun class taught by a qualified IDTA teacher. Involving dance, movement, dressing up and music. Collect stickers to complete a work card, on completion of 12 lessons, a medal is received. £5 per week. Ring now to book as numbers are limited.

Contact Nicola on 07814781642 or email

avoladance@hotmail.co.uk

www.avoladanceacademy.co.uk

Baby Massage and Yoga

Various dates and time

Walthamstow Quaker meeting House, E17 4QU

Baby Massage and Yoga is a wonderful way to bond with your baby whilst giving physical and emotional benefits to both of you.

Pre book through <http://thehealthworks.co.uk/online-booking/> £10 per class. Class

passes available, £36 for 4 or £50 for 6.

For more info, phone 020 8503 7794

email healthworks@clara.co.uk or visit <http://www.thehealthworks.co.uk/>

Homework & Activities Club

Tuesdays 4–6pm

'The Meeting Point' Community Centre, 155A Boundary Rd, London E17 8NG

For ages 6–11, during school term times, free taster session, £ 5 per term, arrive at 3:45pm, staff DBS checked.

For more information contact Sandra on 07504828785 or visit: themeetingpoint.org.uk

Waltham Forest Youth Theatre

Thursdays 4.30pm–5.30pm, Saturdays 10.30am–12noon

Forest Community Centre, Guildford Road, Walthamstow E17 4EA

We work towards group and individual Trinity College exams and towards performing on a stage and to build confidence. Our classes are managed and taught by qualified, experienced and professional teachers, and are suitable for children aged 6 to 10 years.

Phone Michael 07860 716 295 email mep@btclick.com or visit www.walthamforestyouththeatre.co.uk

New Dance Classes for 4+

Sherm Hall Methodist Church, Shernhall St, Walthamstow, E17 9HX

Ballet, Tap and Freestyle Dance classes for all ages (various days and times depending on age). We are a small friendly school where all classes are taught by myself an IDTA qualified teacher in a fun atmosphere.

Check out our website

www.avoladanceacademy.co.uk for more information contact Nicola on 07814 781 642 or email avoladance@hotmail.co.uk

Community Ward Forums

Hatch Lane

Tuesday 7 August 2018

7pm–9pm

All Saints Church, Church Avenue, Highams Park, E4 9QD

Council Meetings

Tuesday 7 August

Planning Committee, 7.00pm

Thursday 30 August

Waltham Forest Safer Neighbourhoods Board, 7.00pm



Tell us what's on
Email your event details to:
walthamforestnews@walthamforest.gov.uk
Free internet access is available at all libraries in the borough.

The deadline for 27 August 2018 edition is Friday 31 July

Please note inclusion cannot be guaranteed, due to the high volume of requests received.

London Borough of Waltham Forest

Members Allowances Scheme 2018/19

Elected Members (Councillors) of an Authority are entitled under the Members’ Allowances scheme to receive remuneration for the duties they perform. This scheme is set out in the constitution of the Council.

The scheme is governed by the Local Government & Housing Act 1989 as amended and the Local Authorities (Members’ Allowances) (England) Regulations 2003. The Council is required to have regards to the recommendations of an independent panel who report on members’ remuneration

when setting or amending its allowances. The Pan-London Independent Remuneration Panel published its most recent report in January 2018. At its meeting 24 May 2018, the Council resolved to amend its scheme of allowances to more closely to reflect the recommendations of the Independent Remuneration Panel.

All Councillors are entitled to a basic allowance to cover their democratic duties. Some Councillors also receive a Special Responsibility Allowance (SRA) reflecting the level of additional

duties they undertake. Councillors who hold more than one post are only entitled to claim the SRA with the greatest value. In appropriate circumstances, Councillors can claim an allowance towards carers’ costs, travelling and subsistence costs when carrying out certain duties outside the Borough.

The table below details the current scheme of members’ allowances for the municipal year 2018/19.

Members Allowances, May – 2018–2019

Allowance	Amount (£)	Payable to
Basic Allowance	11,045	● All members in addition to Special Responsibility Allowance if applicable
Special responsibility allowance	50,000	● Leader of the Council
	32,000	● Deputy Leader of the Council
	25,000	● Cabinet Members
	17,681	● Leader of the Opposition Party
	10,000	● Junior Cabinet Members ● Chair of Planning Committee ● Chair of Licensing Committee
		● Chairs of the Overview and Scrutiny Committees ● Chair of Audit & Governance Committee ● Council Chief Whip ● Mayor
	4,500	● Chair of Pensions Fund Committee ● Chair of Transport Liaison Consultative Group ● Vice-Chair of Planning Committee
		● Vice-Chair of Licensing Committee ● Main Opposition Chief Whip
	956	● Independent Person appointed under Section 28 of the Localism Act 2011
	727	● Independent Member of Audit & Governance Committee

Record of Members’ Allowances 2017/18

The record of payments made to individual Councillors and independent Co-optees in the financial year 2017/18 are

detailed in the table below. These figures reflect that some Councillors had changes of responsibility during the year. In

these cases allowances are pro-rata for the period that the duties were undertaken.

Member's name	Financial Year 2017/18 (Subject to Audit)			
	Basic Allowance	Special responsibility allowance	Subsistence and travel allowance	Total Payments
	£	£	£	£
M Ahmad	10,425.48	8,340.24	0.00	18,765.72
L Ali	10,425.48	21,893.40	0.00	32,318.88
N Ali	1,737.58	1,390.04	0.00	3,127.62
U Ali	7,848.07	0.00	0.00	7,848.07
M Anwar	10,425.48	0.00	0.00	10,425.48
M Asghar	10,425.48	0.00	0.00	10,425.48
N Asghar	10,425.48	19,853.65	0.00	30,279.13
M Balkan	10,425.48	0.00	0.00	10,425.48
P Barnett	10,425.48	3,542.26	0.00	13,967.74
A Bean	10,425.48	21,893.40	0.00	32,318.88
A Beg	10,425.48	0.00	0.00	10,425.48
A Bell	10,425.48	0.00	0.00	10,425.48
K Bellamy	10,425.48	0.00	0.00	10,425.48
T Bennett Goodman	10,425.48	0.00	0.00	10,425.48
K Berberi	10,425.48	0.00	0.00	10,425.48
R Berg	10,425.48	0.00	0.00	10,425.48
P Braham	10,425.48	0.00	0.00	10,425.48
C Coghill	10,425.48	38,719.89	0.00	49,145.37
M Davis	10,425.48	2,780.12	0.00	13,205.60
P Douglas	10,425.48	8,340.24	0.00	18,765.72
J Edwards	10,425.48	0.00	0.00	10,425.48
P Edwards	10,425.48	8,340.24	0.00	18,765.72
S Emmerson	10,425.48	8,340.24	0.00	18,765.72
C Erics	10,425.48	0.00	0.00	10,425.48
M Fitzgerald	10,425.48	4,170.12	0.00	14,595.60
J Gray	10,425.48	8,340.24	0.00	18,765.72
H Halebi	10,425.48	0.00	0.00	10,425.48
A Hemsted	10,425.48	0.00	0.00	10,425.48
J Hemsted	10,425.48	0.00	0.00	10,425.48
P Herrington	10,425.48	1,255.52	0.00	11,681.00
S Highfield	10,425.48	4,170.24	0.00	14,595.72
W Ihenachor	10,425.48	0.00	0.00	10,425.48
T James	10,425.48	0.00	0.00	10,425.48
A Khan	10,425.48	21,893.40	0.00	32,318.88

Member's name	Financial Year 2017/18 (Subject to Audit)			
	Basic Allowance	Special responsibility allowance	Subsistence and travel allowance	Total Payments
	£	£	£	£
J Khan	10,425.48	0.00	0.00	10,425.48
K Limbajee	10,425.48	21,893.40	83.90	32,402.78
S Littlejohn	10,425.48	3,542.26	0.00	13,967.74
C Loakes	10,425.48	27,106.08	267.24	37,798.80
G Lyons	10,425.48	0.00	0.00	10,425.48
A Mahmood	10,425.48	0.00	0.00	10,425.48
S Mahmud	10,425.48	7,085.33	0.00	17,510.81
A Mbachu	10,425.48	8,340.24	0.00	18,765.72
B Mill	10,425.48	0.00	0.00	10,425.48
S Miller	10,425.48	19,225.89	0.00	29,651.37
L Mitchell	10,425.48	7,713.09	0.00	18,138.57
J Moss	10,425.48	0.00	0.00	10,425.48
Y Osho	10,425.48	7,085.33	0.00	17,510.81
M Pye	10,425.48	8,340.24	0.00	18,765.72
S Qadir	10,425.48	1,390.04	0.00	11,815.52
S Rackham	10,425.48	0.00	0.00	10,425.48
K Rayner	10,425.48	7,713.09	0.00	18,138.57
C Robbins	10,425.48	13,363.02	0.00	23,788.50
M Rusling	10,425.48	8,340.24	0.00	18,765.72
A Siggers	10,425.48	15,133.92	0.00	25,559.40
A Strathern	10,425.48	8,340.85	0.00	18,766.33
R Sweden	10,425.48	8,340.24	0.00	18,765.72
S Terry	10,425.48	8,340.24	0.00	18,765.72
S Waldron	10,425.48	18,244.50	0.00	28,669.98
G Walker	10,425.48	0.00	0.00	10,425.48
T Wheeler	10,425.48	0.00	0.00	10,425.48
G Williams	10,425.48	21,893.40	0.00	32,318.88
Co-Optees				
D Fluskey	0.00	936.96	0.00	936.96
C W Webb-Ingall	0.00	713.04	0.00	713.04
	624,688.97	406,344.64	351.14	1,031,384.75

Planning

London Borough of Waltham Forest, Notice of Application for Planning Permission, Town and Country Planning (General Development Procedure) (England) Order 2015, Notice under Article 15. Notice is Hereby Given that the following application for planning permission has been made to the Council for which additional publicity is required.			
Application no:	Name of Applicant:	Site Address:	Proposal
182249	Mr David Chalmers	Naseberry Court, 2 Merriam Close, Chingford, London, E4 9JQ	Demolition of existing buildings and construction of 4 buildings ranging from 3 to 5 storeys in height comprising 119 residential units with associated parking and landscaping.
London Borough of Waltham Forest, Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67. Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.			
181913	Mrs Morley	118 Beulah Road, Walthamstow, London, E17 9LE	Construction of single storey rear/ side extension.
181911	Mrs Pleguezuelo Witte	116 Beulah Road, Walthamstow, London, E17 9LE	Construction of single storey rear/ side extension.
181931	Mrs Ayesha Chaudhary	44 Thornhill Road, Leyton, London, E10 5LL	Proposed ground floor rear extension.
181619	Mrs Laila Jilani	153 Whipps Cross Road, Leytonstone, London, E11 1NP	Construction of lower ground floor extension to form basement to rear of property.
182187	Ms Julie Harkin	7 East Avenue, Walthamstow, London, E17 9NG	Construction of single storey rear extension to upper ground floor outrigger.
The applications are available to view on the following website: https://www.walthamforest.gov.uk/content/search-planning-applications. Any views you would like to make for the above proposals, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, are open to the public. Dated this day 6th August 2018. Adrian Harding, Interim Head of Development Management and Building Control, London Borough of Waltham Forest			

Highways

LONDON BOROUGH OF WALTHAM FOREST
CHANGES TO EXISTING PARKING PLACES IN CONTROLLED PARKING ZONES (CPZ) (E17 streets)
(Note: This notice is about reducing the length of certain parking places in the roads described below so as to allow for the installation of secure bicycle parking structures instead.) **(T21(18))**
The Waltham Forest (Charged-For Parking Places) (Amendment No. 122) Order 2018
The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No. 155) Order 2018
1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest on **6th August 2018** made the above-mentioned Orders under sections

6, 45, 46, 49 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended.
2. The general effect of the Orders will be to reduce by 3 metres the length of either permit or pay by phone parking space* ** at the locations and CPZs mentioned below to allow for the provision of secure bicycle parking structures on the highway (as authorized under section 63 of the Road Traffic Regulation Act 1984 and exempted by the London Borough of Waltham Forest Waiting and Loading Consolidation Order 2016):
I. Marten Road (LPN) – Outside No. 5
II. Erskine Road (MENW) – Outside No. 74
III. Warner Road (MW) – Outside Nos. 121 / 123
IV. Chatham Road (BL) – Outside No. 4
V. Chewton Road (MW) – Outside Nos. 58 / 60
VI. Rensburg Road (CML) – Outside No. 5
VII. Hibbert Road (TS) – Outside Nos. 29 / 31 & 33 / 35 (x2 hangars)
VIII. King Edward Road (BL) – Outside No. 1
Note: The Orders are necessary to make space for the provision of secure bicycle parking structures for residents who do not

have the space and/or ability to securely park bicycles in or within a reasonable distance from their home.
* The parking spaces to be displaced will default to a single yellow line waiting restriction where the cycle hangar will be provided.
3. Copies of the Orders, which will come into operation from **6th August 2018** and other relevant documents can be inspected during normal office hours on Mondays to Fridays inclusive until the expiration of a period of 6weeks from that date, at: (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS.
4. Any person desiring to question the validity of the Orders or of any provision contained therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any of the relevant requirements thereof or of any relevant regulations made thereunder has not been complied with in relation to the Order may, within six weeks of the making of the Orders, make application for the purpose to the High Court.
Dated **6th August 2018**
Mr. K. Valavan, Director of Highways and Traffic Management, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS.

LONDON BOROUGH OF WALTHAM FOREST
ROAD TRAFFIC REGULATION ACT 1984 – SECTIONS 6, 23 and 45
HIGHWAYS ACT 1980 – SECTIONS 90A AND 90C
BLACKHORSE LANE REGION (s278 highway provisions)
RAISED PEDESTRIAN CROSSING, MINOR AMENDMENT OF PARKING AND WAITING RESTRICTIONS (T28(18))
The Waltham Forest (Charged-For Parking Places) (Amendment No. *) Order 201*
The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No. *) Order 201*
1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest (the Council) under section 23 of the Road Traffic Regulation Act 1984, Sections 90A and 90C of the Highways Act 1980 and the Highways (Road Humps) Regulations 1999 proposes to introduce: (a) a raised Zebra pedestrian crossing in **Blackhorse Lane E17**, so that the centre of the crossing is situated outside No. 40 BL. Associated zig-zag markings, on which vehicles would be prohibited from stopping at all times, will be placed on the carriageway either side of the crossing (extending southwards to a point 5 metres north of the northern kerb line of Clifton Avenue and northwards to a point outside No. 44 BL; and (b) a new raised table at the interconnecting junctions of Blackhorse Lane/Blenheim Road/ Hookers Road – commencing (nb/ Blenheim Road junction with Blackhorse Lane already has a raised entrance):
i) in **Blackhorse Lane** – for a maximum distance of 5 metres south and 14 metres north of its junction with Blenheim Road; and
ii) in **Hookers Road** – from its junction

with Blackhorse Lane west for a maximum distance of 26 metres on its south side;
2. **FURTHER NOTICE IS GIVEN** that the Council proposes to make the above-mentioned Orders under sections 6 and 45 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended. The general effect of the Orders to coincide with a development site would be on **both sides** of **Hookers Road (HR) E17** to – convert all **waiting restrictions** and parking provision to **double yellow lines “at any time” waiting restrictions**, except for revised permit parking places;
(i) on the north side for a distance of –
a. 17 metres – between its junction with Blackhorse Lane and No. 7 HR; and
b. 6 metres – outside No. 1 HR; and
(ii) on the south side for a distance of –
a. 13 metres between its junction with Blackhorse Lane and No. 7 HR;
b. 28 metres opposite Nos. 3 to 6A HR; and
c. 14 metres opposite No. 2
3. A copy of each of the Orders, the Council’s statement of reasons for proposing to make the Orders and plans showing the locations and effect of the Orders and measures can be inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks from the date on which the Orders are made or, as the case may be, the Council decides not to make the Orders, at (a) **The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) The Reception Desk, London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS**
4. Any person desiring to object to the proposals or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS quoting reference **T28(18) – Hookers s278** by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.
For more information please telephone 020 8496 3000 quoting reference Traffic Orders – **T28(18)**
Dated **6th August 2018**
Mr. K. Valavan, Director of Highways and Parking, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST
ROAD TRAFFIC REGULATION ACT 1984 – SECTIONS 6 and 45
HIGHWAYS ACT 1980 – SECTIONS 90A AND 90C
BRUNNER ROAD (Development s38-278) (T33(18))
PROVISION OF SPEED TABLE (ROAD HUMP) REMOVAL AND PROVISION OF PARKING AND LOADING, NEW WAITING AND LOADING RESTRICTIONS
The Waltham Forest (Charged-For Parking Places) (Amendment No. *) Order 201*
The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No. *) Order 201*
1. NOTICE IS HEREBY GIVEN that the

Council of the London Borough of Waltham Forest (the Council) under Sections 90A and 90C of the Highways Act 1980 and the Highways (Road Humps) Regulations 1999 proposes to provide a new raised speed table in **Brunner Road (BR) E17** (northern arm) 28 metres in length (including the gradients) between Nos. 80 and 85 BR. The sinusoidal road hump would be an elevated section of carriageway, between 75 and 100 millimetres (+/-5mm) higher at their highest point than the surrounding carriageway, extending across the full width of the carriageway.
2. **FURTHER NOTICE IS GIVEN** that the Council proposes to make the above-mentioned Orders under sections 6 and 45 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended. The general effect of the Orders to coincide with the Essex Brewery development site on Brunner Road would be to:-
(Please note the setting out of these proposals run in a clockwise fashion as follows: – northwards along the western arm – eastwards along the northern arm; and southwards along the eastern arm of Brunner Road)
(a) on **all sides** of **Brunner Road E17 (BR)** – convert all single yellow line waiting restrictions and all parking places to double yellow lines and double kerb marking “at any time” waiting and loading restrictions except;
(i) on the **northern arm** (south side) provide –
a. for a distance of 18 metres opposite Nos. 76 to 79 BR double yellow line “at any time” waiting restrictions **only** to allow for loading and unloading; and
b. 2 *Car Club vehicle parking places for a distance of 10.2 metres operating “at any time” opposite No. 85 BR;
(ii) on the **western arm** (east side) provide –
a. a Goods Vehicle Only Loading bay opposite the St James Health Centre for a distance of 24 metres operating at all times;
(ii) on the **eastern arm** (west side) provide –
a. 2 MW permit parking places each 9.6 metres in length operating Mondays to Saturdays 8 a.m. to 6.30 p.m. BR;
*Each car club parking place would be available only for use by car club vehicles which are part of car hiring schemes run by Enterprise or E-Car Club.
[Note: Enterprise Car Club and E-Car Club vehicles are vehicles available for hire by users of the car share schemes known as Enterprise Car Club and E-Car Club respectively. The Organisations that operate Enterprise Car Club and E-Car Club pay the Council a fee for the use of the parking places and this fee is passed on to Enterprise Car Club and E-Car Club users as part of the hire charge.]
3. A copy of each of the Orders, the Council’s statement of reasons for proposing to make the Orders and plans showing the locations and effect of the Orders and measures can be inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks from the date on which the Orders are made or, as the case may be, the Council decides not to make the Orders, at (a) **The Information Desk, Town Hall, Forest Road, Walthamstow, E17;**

16 Public notices

and (b) **The Reception Desk, London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS**

4. Any person desiring to object to the proposals or to make any other representation should send a statement *in writing* of either their objection and the grounds thereof or of their representation to **Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS** quoting reference **T33(18) – Brunner Road s278** by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made. For more information please telephone 020 8496 3000 quoting reference Traffic Orders – **T33(18)** Dated **6th August 2018** Mr. K. Valavan, Director of Highways and Traffic Management, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST HIGHWAYS ACT 1980 – SECTIONS 90A AND 90C ROAD TRAFFIC REGULATION ACT 1984 – SECTIONS 6, 23 and 45 WINNS AVENUE/TERRACE REGION (E17 STREETS) MINOR RELOCATION AND CONVERSION OF SPEED CUSHIONS TO SINUSOIDAL HUMPS, RAISED ZEBRA AND MINOR PARKING & WAITING AMENDMENTS (T34(18)) The Waltham Forest (Charged-For Parking Places) (Amendment No. *) Order 2018

The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No. *) Order 2018

1. NOTICE IS HEREBY GIVEN that the Council, in accordance with Sections 90A and 90C of the Highways Act 1980, the Highways (Road Humps) Regulations 1999, as amended, and section 23 of the Road Traffic Regulation Act 1984, proposes to: (a) convert speed cushions to sinusoidal humps known as “speed humps” in **Winns Avenue (WA)**. Converted speed cushions will also be slightly relocated from outside No. 138 to outside Nos. 136 and 138 WA; and

(b) introduce a raised (speed hump – 11 metres in length including the gradients) Zebra pedestrian crossing in **Winns Avenue (WA) E17**, so that the centre of the crossing is situated outside Nos. 54/56 WA. Associated zig-zag markings, on which vehicles would be prohibited from stopping at all times, will be placed on the carriageway either side of the crossing (extending westwards to the common boundary of Nos. 58/60 and 62/64 WA eastwards to the western building wall of Nos. 50/52 WA.

The sinusoidal road humps would be elevated sections of carriageway, between 75 and 100 millimetres (+/-5mm) higher at their highest point than the surrounding carriageway, extending across the full width of the carriageway.

2. FURTHER NOTICE IS GIVEN that the Council proposes to make the above-mentioned Orders under sections 6 and 45 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended. The general effect of the Orders

to coincide with the new raised Zebra and new cycle islands would be to reduce permit parking space by:

(a) 1.6 metres on the south side of **Winns Avenue** outside Nos. 61/63 WA; and (b) 5.5 metres on the east side and 3.4 metres on the west side of **Winns Terrace** outside and opposite Nos. 65/66 WT and provide double yellow line “at any time” waiting restrictions.

3. A copy of each of the Orders, the Council’s statement of reasons for proposing to make the Orders and plans showing the locations and effect of the Orders and other measures can be inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks from the date on which the Orders are made or, as the case may be, the Council decides not to make the Orders, at (a) **The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) The Reception Desk, London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS.**

4. Any person desiring to object to the proposals or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to **Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS** quoting reference T34(18) by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

For more information please telephone 020 8496 3000 quoting reference Traffic Orders – **T34(18) Winns Avenue/Terrace raised table and cycle island** Dated **6th August 2018**

Mr. K. Valavan, Director of Highways and Traffic Management, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1) THE WALTHAM FOREST (FOREST RISE E17) (TEMPORARY TRAFFIC MEASURES) (NO. 1) ORDER 2018 (TT21(18))

1. The Council of the London Borough of Waltham Forest **HEREBY GIVES NOTICE** that on **6th August 2018** it made an Order to allow for Thames Water works to be carried out in a safe and efficient manner. **2.** The general effect of the Order will be, only at such times and to such extent as regulatory signs are displayed, prohibit vehicles from entering, proceeding, waiting or loading, for any purpose, at any time, in **Forest Rise (FR) E17** – between the northern boundary of No. 117a FR and common boundary of Nos. 113 and 114 FR (except works vehicles and access). **3.** Vehicular access to properties affected by these temporary measures will be maintained wherever possible, subject to the extent and operation of the closure. **4.** Vehicles waiting or loading in disregard of this Order would be removed. **5.** Whilst construction access is required parking places within the vicinity of these restrictions will be suspended under The Waltham Forest (Charged-For Parking

Places) Order 2016.

6. Whilst the prohibitions referred to in paragraph 2 above remain in force, advance warning signage and alternative routes for traffic shall be in place. **7.** The prohibitions mentioned above would not apply in relation to any vehicle being used for ambulance, fire brigade or police purposes in an emergency. **8.** The Order will come into operation on **14th August 2018** and will be valid for 3 months, or until the said works are completed, whichever is the sooner.

Dated **6th August 2018** Mr K Valavan, Director of Highways and Traffic Management, Neighbourhoods, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1) THE WALTHAM FOREST (BRUNNER ROAD E17) (TEMPORARY TRAFFIC MEASURES) (NO. 1) ORDER 2018 (TT22(18))

1. The Council of the London Borough of Waltham Forest **HEREBY GIVES NOTICE** that on **6th August 2018** it made an Order to allow for highways and footway construction works to be carried out in a safe and efficient manner in Brunner Road E17. **2.** The general effect of the Order would be, only at such times and to such extent as regulatory signs are displayed, prohibit vehicles from entering, proceeding, waiting or loading, for any purpose, at any time, in **Brunner Road E17** (except works vehicles and access) “at any time”. **3.** Vehicular access to properties affected by these temporary measures will be maintained wherever possible, subject to the extent and operation of the closure. **4.** Vehicles waiting or loading in disregard of this Order would be removed. **5.** Whilst construction access is required parking places within the vicinity of this prohibition will be suspended under The Waltham Forest (Charged-For Parking

Places) Order 2016 and The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) Order 2016 would be suspended. **6.** Whilst the prohibitions referred to in paragraph 2 above remain in force, advance warning signage and alternative routes for traffic shall be in place. **7.** The prohibitions mentioned above would not apply in relation to any vehicle being used for ambulance, fire brigade or police purposes in an emergency. **8.** The Order will come into operation on **13th August 2018** and will be valid for 18 months, or until the said works are completed, whichever is the sooner.

Dated **6th August 2018** Mr K Valavan, Director of Highways and Traffic Management, Neighbourhoods, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1) THE WALTHAM FOREST (VARIOUS ROADS) (CONTROLLED PARKING ZONE AND VARIOUS ROAD MARKING) (TEMPORARY RESTRICTION ON

WAITING AND LOADING) (NO. 2) ORDER 2018 TT23(18)

1. The Council of the London Borough of Waltham Forest **HEREBY GIVES NOTICE** that it proposes to make an Order to enable road marking works to be carried out in a safe and efficient manner in the roads mentioned in the Schedule of this Notice. **2.** The general effect of the Order would be, only at such times and to such extent as regulatory signs are displayed, to restrict waiting and loading by vehicles (except works vehicles), at any time, in the roads listed in the Schedule to this Notice. **3.** Vehicles waiting or loading in disregard of the Order would be removed. **4.** The restrictions mentioned above will not apply in relation to any vehicle being used: (a) in connection with the said works; or (b) for ambulance, fire brigade or police purposes in an emergency. **5.** The Order would come into operation on **27th August 2018** and will be valid for a maximum period of 13 months, or until the works are completed whichever is the sooner.

WAITING AND LOADING) (NO. 2) ORDER 2018 TT23(18)

1. The Council of the London Borough of Waltham Forest **HEREBY GIVES NOTICE** that it proposes to make an Order to enable road marking works to be carried out in a safe and efficient manner in the roads mentioned in the Schedule of this Notice. **2.** The general effect of the Order would be, only at such times and to such extent as regulatory signs are displayed, to restrict waiting and loading by vehicles (except works vehicles), at any time, in the roads listed in the Schedule to this Notice. **3.** Vehicles waiting or loading in disregard of the Order would be removed. **4.** The restrictions mentioned above will not apply in relation to any vehicle being used: (a) in connection with the said works; or (b) for ambulance, fire brigade or police purposes in an emergency. **5.** The Order would come into operation on **27th August 2018** and will be valid for a maximum period of 13 months, or until the works are completed whichever is the sooner.

*NOTE: These works will not be carried out simultaneously in all roads but in a sequence as directed by the Council. Leaflets will be distributed and/or signage placed in **advance** of any works in the roads mentioned in the Schedule of this Notice which would give more specific details on the exact dates of the restrictions and effects of any temporary traffic management.*

Dated **6th August 2018** Mr K Valavan, Director of Highways and Traffic Management, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS

Schedule Green Man (GM) CPZ – All E11 roads restricted to vehicles: Ashbridge Road, St Andrew’s Road, Chadwick Road, Dyson Road, Fladgate Road, Forest Glade, Maple Road Poppleton Road, Preston Road, Teesdale Road, Whipps Cross Road (between Forest Glade and Whipps Cross roundabout).

Cathall North (CTN) CPZ – All E11 roads restricted to vehicles: Clover Close, Cowley Court, Gramer Close, Granleigh Road Lascelles Close, Lincoln Street, Norman Road, Lynn Road Marchant Road, Mayville Road, Melford Road, Park Grove Road, Short Road, Southwell Grove Road, Trinity Close, West Street, Woodlands Road

Cathall South (CTS) CPZ – All E11 roads restricted to vehicles: Anglian Road, Apollo Place, Apple Road, Birch Grove, Cathall Road, Corn Way, Denmark Street, Melon Road, Pear Road, Peppermint Place, Orange Grove

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1) THE WALTHAM FOREST (VARIOUS ROADS) (TEMPORARY RESTRICTION ON WAITING AND LOADING) (NO. 1) ORDER 2018

1. The Council of the London Borough of Waltham Forest **HEREBY GIVES NOTICE** that on **6th August 2018** it made an Order to allow for the installation and removal of

street lighting by Kiers Highways LTD and UKPN in a safe and efficient manner in various roads (**T24(18)**).

2. The general effect of the Order will be, only at such times and to such extent as regulatory signs are displayed, to restrict vehicles from waiting or loading for any purpose between 08:00 hrs and 16:00hrs Mondays to Fridays in the roads or parts of roads mentioned in the Schedule to this Notice: **3.** Vehicles waiting or loading in disregard of this Order will be removed. **4.** The restrictions mentioned above would not apply in relation to any vehicle being used: (a) in connection with the said works; or (b) for ambulance, fire brigade or police purposes in an emergency. **5.** The Order will come into operation on **13th August 2018** for a period of 18 months, or until the works are completed, whichever is the sooner.

NOTE: These works would not be carried out simultaneously in all roads but in a sequence as directed by the Council. Leaflets would be distributed and signage placed in advance of any works in the roads mentioned in this notice which would give more specific details on the exact dates of the restrictions and effects of any temporary traffic management.

Dated **6th August 2018** Mr K Valavan, Director of Highways and Traffic Management, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS

Schedule (E10 streets) Albany Road, Amberley Road, Avondale Road, Bakers Avenue, Belvedere Rd, Bloxhall Road, Blyth Rd, Boundary Avenue, Bowdon Road, Bridge Road, Burwell Road, Capworth Street, Clementina Road, Elm Park Road, Farmilo Road, Flempton Road, Harris Street, Hitcham Road, Hibbert Road, Ivy Road, Kettlebaston Road, Lily Road, Morieux Road, Northumberland Road, Onra Road, Overton Road, Perth Road, Rochdale Road, Rosebank Road, Russell Road, Salcombe Road, Sanderstead Rd, Seymour Road, Shrubland Road, St Helens Place, Staffa Road, Stanley Road, Sybourn Street, Theobald Road, Theydon Street, Vicarage Road, Viking Place, Violet Road, Wellington Road, Westmorland Road, Wetherden Street

LONDON BOROUGH OF WALTHAM FOREST PROVISION OF “AT ANY TIME” WAITING AND LOADING RESTRICTIONS CHURCHILL TERRACE E4

The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No.*) Order 201* **The Waltham Forest (Charged-For Parking Places) (Amendment No. *) Order 201*** **T37(18)**

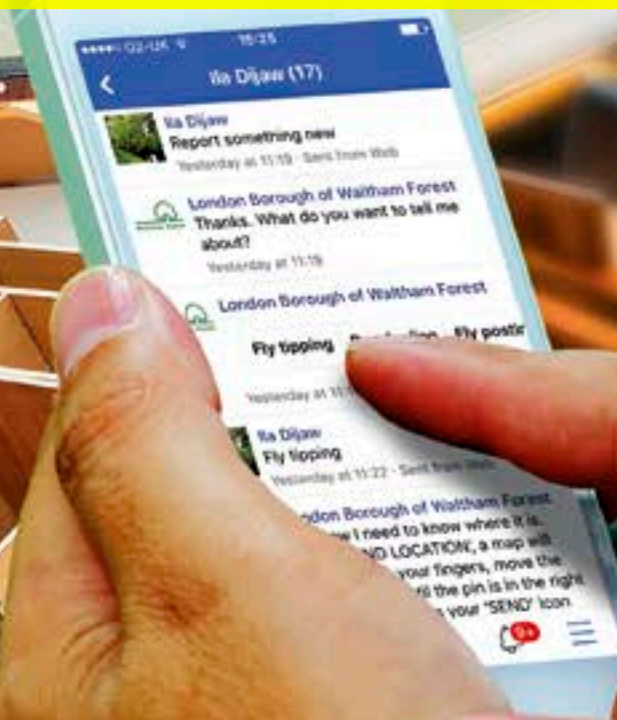
1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest propose to make the above-mentioned Orders under sections 6 and 45 of the Road Traffic Regulation Act 1984, as amended. **2.** The general effect of the Orders would be in **Churchill Terrace E4 –**

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest propose to make the above-mentioned Orders under sections 6 and 45 of the Road Traffic Regulation Act 1984, as amended. **2.** The general effect of the Orders would be in **Churchill Terrace E4 –**

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest propose to make the above-mentioned Orders under sections 6 and 45 of the Road Traffic Regulation Act 1984, as amended. **2.** The general effect of the Orders would be in **Churchill Terrace E4 –**

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest propose to make the above-mentioned Orders under sections 6 and 45 of the Road Traffic Regulation Act 1984, as amended. **2.** The general effect of the Orders would be in **Churchill Terrace E4 –**

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Waltham Forest

north to south arm – all sides, to provide double yellow line “at any time” waiting and loading restrictions between the southernmost boundary of Nos. 7 to 12 Churchill Terrace and its southernmost extremity including the turning head.

3. Plans of the proposed measures, copies of the Orders and the Council’s statement of reasons for proposing to make the Orders can be inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks from the date on which the Orders are made or the Council decides not to make the Orders, at (a) **the Information Desk, Town Hall, Forest Road, Walthamstow, E17** or (b) **the London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS.**

4. Any person desiring to object to the proposed Order or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Low Hall, Argall Avenue, London, E10 7AS, quoting either reference T37 (18) – Churchill Terrace s278 by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

5. For more information please telephone 020 8496 3000, quoting ‘Traffic Orders’ and the reference mentioned in paragraph 4 above.

Dated **6th August 2018**

Mr. K. Valavan, Director of Highways and Traffic Management, Neighbourhoods,

Low Hall, Argall Avenue, London, E10 7AS.

**LONDON BOROUGH OF WALTHAM FOREST
ROAD TRAFFIC REGULATION ACT 1984
– SECTION 14(1)
THE WALTHAM FOREST (CHURCHILL TERRACE E4) (TEMPORARY RESTRICTION ON WAITING AND LOADING) (NO. 1) ORDER 2018**

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that it intends to make an Order to enable highway works (in association with section 278 developer works) to be carried out in a safe and efficient manner in **Churchill Terrace, (TT26(18)).**

2. The general effect of the Order would be, only at such times and to such extent as regulatory signs are displayed, to restrict waiting and loading by vehicles (except works vehicles) on both sides of the north/south arm of **Churchill Terrace** between the southern kerb line of its east/west arm to its southernmost extremity (including the turning head)..

3. Vehicles waiting or loading in disregard of this Order would be removed.

4. The restrictions mentioned above would not apply in relation to any vehicle being used:

- (a) in connection with the said works; or
- (b) for ambulance, fire brigade or police purposes in an emergency;

5. The Order would come into operation on **27th August 2018** for a period of 18 months, or until the works are completed, whichever is the sooner.

Dated **6th August 2018**

Mr K Valavan, Director of Highways and Traffic Management, Neighbourhoods, Low Hall, Argall Avenue, London, E10 7AS



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Are you feeling lonely or isolated? Would you like to attend a local club or group but don't know what's out there?



Too often nowadays we hear about people becoming “isolated”, lonely or losing their independence. This can happen for a variety of reasons including age, disability, short term health problems or lack of confidence which can lead people to feel “cut off” from the wider community.

The Living Well project is a free service and part of a larger network of pilot schemes currently running in the borough. Living Well supports residents who may be struggling because of isolation or health issues to look at what they think would improve their wellbeing, independence and overall quality of life. Staff and volunteers then offer support to achieve whatever goals the person sets for themselves.

In the six months since we started we have supported over 200 residents to achieve a wide variety of personal outcomes ranging from volunteering with projects in the borough, attending coffee clubs and other group social activities.

How will this help me?

The team has four Health and Wellbeing officers from a variety of health and social care backgrounds who will visit you at home to discuss what you want to achieve. We will capture this into a Wellbeing Plan and then support you to achieve these “goals”. For example, this might be helping you to find clubs and activities, finding services that can support you or linking you with a volunteer to get you out and about again.

Who can use the service and who can refer?

Referrals can be taken for WF residents aged 18+ who do not live in residential or nursing care. We accept self referrals, as well as referrals from any professional who would like to use the service.

Further information

Living Well is a partnership project between Age UK Waltham Forest, Waltham Forest Clinical Commissioning Group, London Borough of Waltham Forest, Metropolitan and Outward. Age UK WF are the main contact organisation so if you would like more information or to make a referral please do get in touch by phone – 020 8558 5512 or by email to livingwell.walthamforest@nhs.net

Computer Classes for adults aged 50+



We have been running computer training in the borough for more than an decade. We work with small groups of students and have a team of knowledgeable, friendly tutors delivering the courses from our offices 58 Hall Lane, Chingford, E4 8EU. All sessions start at 10.00am and finish by 12.30pm.

Title	Date	Cost
Introduction to Tablet Computers	23 rd & 30 th August	£12.50
Scams and Internet Security	13 th September	£5.00
Reading Books on Digital Devices	13 th September	£5.00
First steps with Facebook	20 th September	£5.00
Skype for Beginners (using the internet for free voice & video calls)	20 th & 27 th September	£12.50
Where's my Stuff? (where do saved files go, how to move and copy files)	27 th September	£5.00
Managing my Digital Photos (how photos are stored on digital devices and how you move them)	4 th October	£5.00
Using “Google Photos” (incl. Basic photo editing & storage)	11 th October	£5.00
Where am I & Where am I going? (Using maps on digital devices)	18 th October	£5.00
Introduction to Cloud Storage (e.g. Google Drive, Dropbox, Flickr)	25 th October	£5.00

How to book

Please contact us on 0208 558 5512 or email info@ageukwalthamforest.org.uk with the title and date of the course you would like to book along with your name, address and telephone number



Can you support someone to build their confidence and feel less isolated?

Would you like to make a difference in someone's life?

Can you support someone to attend an activity and engage with the local community?

We are looking for Volunteers to join our Living Well Waltham Forest project.

Living Well supports residents aged 18+ years to improve their wellbeing, self-confidence and social contact. We are looking for volunteers to work with our clients whilst they build their confidence and self-esteem. This may involve accompanying people to local coffee clubs or swimming/exercise Classes, supporting them with their hobbies and interests or accompanying people for a short walk.

Time Commitment

Because consistency is important for people to build their confidence we ask for a minimum of 6 months commitment from you for 1-2 hours per week. We can of course be flexible about how this is arranged.

Volunteer Requirements

Volunteers must be over 18 years old, willing to complete a criminal record check (DBS), and interested in working with adults.

What we provide

Induction and training, enhanced criminal record (DBS) check, out of pocket expenses, including travel costs.

Further information

Age UK Waltham Forest, Telephone: 0208 558 5512
Email: s.simmons@ageukwalthamforest.org.uk
Website: www.ageukwalthamforest.org.uk



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